

Abstract of the Disclosure

An exerciser for step and twist includes a base and a swing device secured to the base. The swing device has a pair of pedals which are secured to a post and are linked by a cable to a roller. Two ends of the cable are connected with extensions protruding
5 from the pedals. A spindle of the roller is provided with a gear to mesh with the teeth of a disc on the base. When stepping on the pedals, the cable links the roller to spin, whereas the gear rolls along the teeth of the disc to move the pedals from left to right or vise versa, thus, the exerciser provides a stepping and twisting effect to users.